BENGALURU, THURSDAY, SEPTEMBER 29, 2022 www.Bangaloremirror.com 16 Pages PRICE ₹3

Bangalore Mirror

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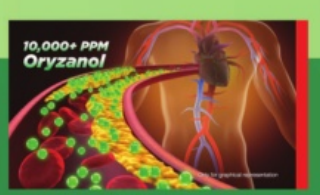

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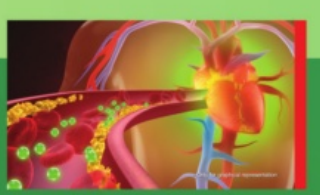
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DECISIVE MOVEMENT

DULT to delve into six key topics revolving around sustainable urban mobility and invite research proposals that will be environmentally fruitful

KAUSHIK JN

As private vehicles continue to increase in number, adding to a much-congested city, a sustainable commute is the need of the hour

| Melvin Mathew
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TWEETS @BangaloreMIRROR

According to World Road Statistics 2018, India has the maximum number of road accidents and accounts for 11 per cent of the world's road accident-related deaths. India also reported a total of 17.4 per cent of pedestrian and cyclist deaths in 2018.

Such numbers are not uncommon and solving similar problems in urban mobility is at the crux of improving a city's liveability. As part of its larger attempt to improve urban mobility, the Directorate of Urban Land Transport (DULT) has identified a few problems.

While Bengaluru has been pushing for urban mobility solutions and sustainable modes of transport, they have failed to take off more largely. Bengalureans still struggle with last-mile connectivity limiting the usage of public transport.

As part of DULT's annual research program, ASPIRE, the department will dive into six key topics and invite research proposals. Applicants are also allowed to come up with their research topics as well.

Bengaluru has been trying to push its citizens onto cycles by building cycle lanes and erecting bollards, but only a few have jumped on board. Researchers could identify the factors inhibiting the trend of bicycling in Karnataka with a focus on urban areas. Factors such as individuals' choice of using a bicycle and the impact these factors have on the adoption of bicycling for commute or transportation will be looked into.

Another aspect that DULT wants researchers to look into is the impact on ridership with service overlap of BMTC and Metro services. Public transport forms the backbone for mobility in metropolitan cities like Bengaluru. The Comprehensive Mobility Plan (2019) for Bengaluru targets to increase the mode share in Bengaluru from 42 per cent (existing) to 70 per cent by 2035. And in this regard, the multi-modal transport system is being devised. But, there are contentions about how service overlaps might negatively influence the ridership of various transport systems and if in a multi-modal system, overlapping paths must be avoided.

A bulk of the city traffic comprises people commuting to the city. Experts say a titanic amount of carbon footprint could be reduced by simply making a shift to sustainable transport options. One of the ways to lead the change would be for employers to incentivise employees to use green transport. While the research will look at how companies can implement such steps, it will also detail the additional infrastructure like cycle storage and parking, providing on-site amenities for a shower, changing or storing clothing, and guaranteed to ride home to make it a success.

Research will also cover how employers and companies can incentivise employees to take up eco-friendly transport to reduce their carbon footprints

Transport planning has been skewed in favour of motorists and current global climate change demands a shift to sustainable mobility solutions. The research will look at the development of a new framework for transport planning where the focus shifts from vehicle mobility to people mobility. It will also look at the drawback of the current vehicle-focused transport planning in achieving SDG goals.

Road accidents and pedestrian accidents bring an emphasis on safe walking infrastructure, especially for children. Bringing cycling and walking as mobility options to children, it's essential to map safe areas for their commute. The research will aim at mapping existing safe routes to activity centres like parks, schools, and playgrounds and build tools to inform them. It could also look at building more safe areas by considering multiple child-safety-centric factors.

Several kinds of passes are issued in Bengaluru city to encourage the use of public transport. An estimated 30-40 per cent of public transport users are pass holders. The research will look at various passes that have been popular among citizens in the past 5-10 years. The study will look at ways to amplify the pass usage and simplify the process of getting passes.

OFC Dept's ₹6-crore mistake

| Y Maheswara Reddy
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TWEETS @BangaloreMIRROR

The Optical Fibre Cable (OFC) Department of Bruhat Bengaluru Mahanagara Palike (BBMP) -- often known to allegedly turn a blind eye towards cables laid illegally by telecom service providers -- is now facing flak from citizens for failing to collect crores of rupees from contractors for goods and services tax (GST).

The audit report for 2018-19 by the BBMP Chief Audit Officer found no documents on paying Rs 6,03,14,636 for GST.

"The service providers (contractors) have to pay 18 per cent of the total amount towards the GST but no documents are available. Authorities have to collect the amount from the service producers till they produce the documents of paying the GST," the Chief Audit Officer said in the audit report.

The audit report also released the details of 396 contracts taken by various contractors during the same period.

Social activists are demanding BBMP authorities to take suitable measures to collect the amount from the contractors and act tough against the officials responsible.

"I wrote a letter to the Prime Minister requesting him to order a probe by the Central Bureau of Investigation (CBI) into the financial irregularities committed by the BBMP. It is observed that more than Rs 500 crore is yet to be paid towards the GST by the BBMP from the date of order on which the GST came into effect," said BH Veeresh of Mahithi Hakku Adhyayana Kendra.

A stretch on Somasandra Main Road dug up for illegally laying OFCs (file)

He said that he had already brought this to the notice of the Principal Chief Commissioner, GST, Karnataka Circle and requested him to initiate appropriate action into this scam.

Sai Datta, a social activist, added that the BBMP Chief Commissioner has to take stringent action against those responsible. "I want the BBMP Chief Commissioner and the authorities concerned to initiate measures to collect the amount from the service providers or contractors. If the OFC Department fails to recover the amount from the contractors, the BBMP Chief Commissioner has not only to collect the amount from the OFC engineers but also take criminal action against them," said Datta.

BBMP Chief Engineer (OFC) Yamuna was not available for comment.

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Leakage of contaminants from landfills leaves just 17% of groundwater samples around 12 sites within acceptable limits

ICKY LEAKS

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The Bruhat Bengaluru Mahanagara Palike's landfill sites have left a serious environmental impact on the surrounding areas.

As per Karnataka State Pollution Control Board's groundwater quality report of 12 sites near various landfills in Bengaluru, toxic substances have permeated into the groundwater, creating major leachate pollution.

The KSPCB's monthly water quality assessment report comprising various parameters, including heavy metal concentration, shows only 17% of the water samples taken from all the 12 sites over the last five years confirmed to the acceptable limits of various parameters set by the Indian Standard (IS).

The board tested 440 samples between April 2017 and November 2021; only 77 samples had all the parameters within the acceptable range.

CONTINUED ON PAGE 9 »

"Accumulation of heavy metals destroys the metabolic process of the human body...

— Soumita Biswas, chief nutritionist, Aster RV Hospital

CITY / PAGE 3

Police Excess?

'Beaten and subjected to electric shocks'

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*Source: The Medical Experts

Pvt buses to face music for overpriced tickets

Owners who plan to fleece commuters by charging two – three times more will be penalised, says Karnataka Transport Department

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Private bus owners looking to make a quick buck this festive season by hiking ticket prices will face action from the State Transport Department for fleecing commuters.

This year, with many long weekends on the itinerary, Bengalureans are looking forward to spending time away from the city with their loved ones.

While the Dasara weekend begins from this Thursday/ Friday, the general holidays for Dasara have been announced for October 4 (Ayudha Pooja) and October 5 (Vijayadashami). This year, Deepawali is slated to be held from October 24 (Monday) to October 26 (Wednesday).

With Ayudha Pooja falling on Tuesday, many plan to take a leave on Monday so that it will be a long weekend from September 30 (Friday).

As a result, bus fares are sky-high to popular nearby locations. The bus fares for Hyderabad which is usually around Rs 1,000-plus for a Volvo-type bus are already being sold for Rs 2,600 to Rs 3,300 and a few buses are charging ticket prices for Goa anywhere from Rs 2,500 to Rs 3,600 while the ticket prices for Puducherry are currently being sold from Rs 1,500 to Rs 2,500.

Many choose to travel by bus to neighbouring states as it is cheaper

> **"The prices of the tickets are hiked during weekends and public holidays**
> – Suresh Kumar, a frequent traveller

Travellers add that they expect the ticket prices to go up again by October-end due to Deepawali holidays.

During a recent reply in the Legislative Council, Transport Minister B Sreeramulu said that it had come to his notice that private buses were fleecing people by hiking the bus ticket fares by two to three times during long weekends and festival rush.

"The officials have penalised 1,997 vehicles between April 1, 2019 till August 31, 2022 for fleecing commuters. Officials will continue to raid the buses if there are such complaints," he said.

There are 47,311 contract carriage buses, 58,996 tourist maxi cabs, 1,426 tourist taxis, 59,804 maxi cabs registered in Karnataka.

Suresh Kumar, a regular traveller said, "Many private buses go for surge pricing. The prices of the tickets, especially long-distance ones, are hiked during weekends while on weekdays the prices are reduced when there is low demand. However, during long weekends, the prices are automatically hiked."

The demand is more because for the past two years, covid played spoilsport to travel plans. Anita R, a college student said, "Even health experts were advising people not to travel. This year, with cases under control, people are planning to travel. However, ticker prices may be a dampener."

Festive-happy, but flower prices are mood-killer

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Bengalureans may be making up for two years of no festive celebrations, but rising prices of flowers are worrying many. Sellers say that the flowers are being sold at a price that is almost five times more than the usual.

The residents say that since this is a festive season, they require a lot of flowers. Adithya Babu, a resident of Jalahalli, said, "Whenever there is any festival, we go to KR Market to shop for flowers as there is a variety of flowers to choose from and the flowers are also fresh there. However, this time the price of it was too high. I had gone to buy flowers for Onam celebrations, but they were too expensive. Usually, jasmines were Rs 400 per kilogram; now it has become Rs 2,000."

Buying in bulk is also not helping, complain others. Indra G, who stays near KR Market, said that during festivals, we buy flowers in bulk.

City market is a popular spot for buying flowers in wholesale (file)

"This time the flowers were costing us almost Rs 2,000. It was too expensive given that it can be used only once and then we will have to throw it away. So, we cut down on the flowers to accommodate our budget," he said

The residents say that with flowers becoming so costly, festivals will also become a costly affair.

Sreeja Bhattacharya, a resident staying near Majestic, said, "Now that Durga Puja is also coming, we will have to buy a lot of flowers to decorate the house, for the puja and for decorating the idol of Goddess Durga as well. We will require a lot of flowers on all the four days of celebration. If the flowers are also costing us so much, the budget will be way more than we had expected."

The vendors of KR Market said that the price had increased because of losses faced by farmers during the heavy rains.

Roshan K, a flower-seller in KR Market, said, "The prices have increased because the farmers had faced a lot of losses because of the rains. They were damaged because of the rains. Now the festive season is the only season where we can get a little bit of profit."

Bangalore Mirror NAVARANG

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TODAY'S COLOUR
YELLOW

The grand Navaratri festival is here. It is time for you to join the festivities with **Bangalore Mirror-Navarang.** Ladies, the best part is you get a chance to dress up in sarees of the colour specified for the day. You can team up with favourite people and click group selfies in sarees. And, remember to follow the day's theme colour!

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The best group photos will get a chance be featured in BM-Navarang.

Please note-Tomorrow's colour code is Green

Bangalore Mirror reserves the right to use any of these photos for future promotions

2 THINGS TO DO

01 Tribute to Coldplay

As part of a line-up of stellar performances at Hard Rock Café at St Marks Road, band Spies playing a tribute to the most successful and well-known British rock music band Coldplay. Covering some of their earliest hits to the latest tracks, Spies will enthral you with their renditions of pop and rock songs. **Where: Hard Rock Café, St Marks Road**
When: Oct 1, 8 pm onwards
Tickets: Paytm Insider & bookmyshow.com

02 Dandiya Night

Festive times are round the corner and what better to enjoy Dandiya/ Garba on traditional songs then spending it at Lahe Lahe! You can expect oodles of fun, festive and intimate dandiya, and you can also pick up the steps if you want. Men can come dressed in kurtas and girls can don long flowing skirts/ ghagras. **Where: Lahe Lahe**
When: 30th Sep: 7.30-9.30 pm, 1st and 2nd Oct: 7-9 pm
Register: 9886294444

‘Beaten and subjected to electric shocks’

As man alleges torture in police custody, cops claim they have nothing to do with injuries sustained

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The police are not supposed to detain people in police stations without a valid reason. Article 22 (1) of the Indian Constitution states that no person who is arrested shall be detained in custody without being informed, as soon as may be, of the grounds for such arrest nor shall he be denied the right to consult, and to be defended by, a legal practitioner of his choice.

However, Ramamurthy Nagar Police allegedly detained a person for 12 days on a mere suspicion of his alleged involvement in an attempt to murder incident that took place seven months ago. The police detained him at the station from September 4 to 15.

“I was speaking over the phone when a few police constables surrounded me. They brought me to the police station and beat me up black and blue, compelling me to confess to the crime. They not only beat me with canes, but also hockey sticks. My hand and leg was fractured. They subjected me to electrical shocks on my private parts,” said Rajesh, a resident of Vijinapura in Ramamurthy Nagar Police Station limits.

Rajesh at Mahadevapura on Tuesday night

Rajesh has now appealed to higher authorities to register a case against around eight policemen including police inspector and sub-inspector of Ramamurthy Nagar Police Station and release his bike that was seized by the police and provide protection to his family.

It is said the police took him to Victoria Hospital for treatment and directed him to tell the doctors that he was injured in a fall from his bike. “The police again tortured me to confess to the crime after returning to the station from the hospital,” Rajesh said in a complaint lodged with High Court Chief Justice, Chief Secretary, Home Secretary and other higher authorities.

It is not clear what made Ramamurthy Nagar Police take Rajesh to Victoria Hospital for treatment instead of taking him to the Government Hospital at KR Puram which is situated just 1-2 km from Ramamurthy Nagar. The police also did not consider taking him to Bowring and Lady Curzon Hospital at Shivajinagar for treatment.

On September 26, Rajesh visited the Taluk General Hospital at Hoskote in Bengaluru Rural District for a medical certificate.

> **“They brought me to the police station and beat me up black and blue, compelling me to confess to the crime.**
>
> –Rajesh, victim

Doctors at the hospital confirmed injuries on Rajesh’s body and scars on his private parts, left post thigh and right thigh.

Ramamurthy Nagar Police Inspector Melvin Francis told BM that Rajesh had been involved in a few crimes and was brought to the police station for an enquiry.

“We have proof of his involvement in a few crimes. We have a video showing him in possession of a dagger. We did not keep him in custody illegally. Notices were served to him,” said the police inspector.

When asked why he was let off after 12 days, the police inspector said the enquiry is not complete and the police will summon him whenever it is required. On the scars on Rajesh’s body and fractured leg and hand, the police inspector said that he, being a drug addict, has to reveal how got those injuries.

Change’s gonna come

The Yeshwanthpur and Cantonment railway stations will soon be re-developed. According to the South West Railways, the tendering process for redevelopment of Bengaluru Cantonment and Yeshwanthpur stations is in progress.

Meanwhile, a master plan is being prepared for redevelopment of KSR Bengaluru, SSS Hubballi, Mysuru and Mangaluru Central stations. “As per the plan, every station will have a spacious roof plaza with all passenger amenities at one place along with spaces for retail, cafeterias, recreational facilities. Both sides of the city will be connected with the station, with the station building on both sides of the tracks. Facilities like food court, waiting lounge, playing area for children, will be made available. There will be integration with other modes of transportation like metro, bus and so on. Green building techniques will be used with solar energy, water conservation/recycling and improved tree cover,” said Aneesh Hegde (Chief Public Relations Officer, South Western Railway). —BMB

MIRROR AUTO

CONSUMER CONNECT INITIATIVE

THE AUTO SECTOR IS SPEEDING UP INDIA'S ECONOMIC GROWTH

FROM FOREIGN DIRECT INVESTMENT (FDI) TO EMPLOYMENT OPPORTUNITIES AND MAKING CARS AVAILABLE AT COMPETITIVE PRICES TO DOMESTIC CONSUMERS, THE INDIAN AUTOMOTIVE SECTOR HAS PLAYED A MAJOR ROLE IN THE NATION'S ECONOMIC GROWTH

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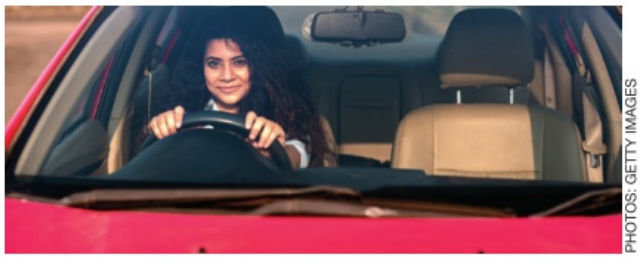
The auto industry has been a strategic partner in India's economic growth story—from contributing significantly towards manufacturing to promoting exports and creating employment opportunities. Shailesh Chandra, MD and CEO of a leading passenger vehicle and electric mobility company, says, "Over the last several decades, the Indian automotive industry has evolved through multiple phases starting from the phase of protectionism prior to 1990 to liberalisation in the last decade of the 20th century and to the current phase of globalisation, where multiple global original equipment manufacturers (OEMs) are competing to garner a fair share of the huge Indian auto market. The industry has not only contributed toward the country's GDP but also has supported a wide range of businesses such as steel, fuel, transportation, etc. As a result, the automotive industry contributes approximately 7.1 per cent to India's GDP and about 49 per cent of the manufacturing GDP."

A GLIMPSE OF THE AUTO INDUSTRY

Over the last seven decades, the Indian automobile industry has witnessed several ups and downs. Ketan Mehta, founder and CEO of an integrated electric two-wheeler mobility company, shares, "Initially, between 1950 and 1980, the industry went through an incredibly slow-paced growth. In the last decade, the government has removed various trade and investment barriers to expedite the growth of the automotive industry. Today, India has a massive unsaturated domestic market for small cars, low production costs and an ample amount of skilled engineering talent."



PHOTOS: GETTY IMAGES

THE AUTOMOTIVE MARKET SIZE AND ITS CONTRIBUTIONS

As per an industry report, India's annual production of automobiles in FY22 was 22.93 million vehicles. The two-wheeler segment dominates the market in terms of volume owing to a growing middle class and a huge percentage of India's population being young.

Sushant Kumar, founder and managing director of a Noida-based electric two-wheeler manufacturer, says, "According to a study, India is currently the world's fifth biggest producer of automobiles and is touted to become the third-largest producer by 2030. Additionally, it is the biggest exporter of two-wheelers worldwide. India is the world's second and third-largest producer of buses and trucks, respectively. Automobile sales have surged in India because of rising personal income and private consumption expenditure. India has established itself as a global manufacturing hub to produce compact automobiles and has caught the eye of major international companies."

GOVERNMENT INITIATIVES

Currently, the government has introduced various policies and schemes to boost the expansion of the auto sector. In the union budget, the government introduced a battery-swapping policy, which will allow drained batteries to be swapped with charged ones at designated charging stations, thus making Electric Vehicles (EVs) more viable for potential customers. Apart from this, the government plans to expand India's national highways by 25,000 kms in 2022-23 under the PM Gati Shakti - National Master Plan for Multi-modal Connectivity. Mehta adds, "Through the recently introduced Production Linked Incentive (PLI) scheme, the government intends to enhance the global outreach of the Indian auto sector. Other than that, to promote EVs, the government launched the Faster Adoption and Manufacturing of Electric Vehicles (FAME-II) scheme. In the recent amendment, the government has reduced the price gap between petrol-powered two-wheelers and electronic ones. The centre's new scrappage policy will aim to remove unfit vehicles in an environmentally friendly way."

Throwing light on the National Electric Mobility Mission Plan (NEMMP) 2020, Kumar states, "The NEMMP 2020 aims to achieve national fuel security by promoting hybrid and EVs in the country. There is an ambitious target to achieve 6-7 million sales of hybrid and EVs year-on-year from 2020 onwards. The government aims to provide incentives to kick-start this technology and incentivise buyers through monetary support."

Apart from the central government, several state governments are also promoting sustainability and clean energy through pro-EV schemes and policies.

Given the direction the industry has taken presently, Mehta is positive that it will play a major role in ensuring that India meets its commitments made at the UN Climate Change Conference in Glasgow (COP26).

The Indian auto industry has come a long way, but as per Kumar, it still needs to operate more dynamically to reach its full potential. "Periodic policy measures that promote entrepreneurship and FDI will be crucial. India already has a strong information technology (IT) sector with access to cutting-edge technologies like artificial intelligence (AI) and internet of things (IoT) that will be incorporated in the next generation of vehicles. The government, OEMs and other stakeholders will have to work together to further India's aspirations in the automotive industry," concludes Kumar.

Time to upgrade your car

A RECENT STUDY SAYS THAT CONSUMERS ARE KEEN TO UPGRADE THEIR CARS MORE OFETN THESE DAYS. UPGRADING YOUR CAR NOT ONLY GIVES YOU THE JOY OF DRIVING A NEWER MODEL, BUT IT CAN ALSO ENHANCE YOUR DRIVING EXPERIENCE

Rishi Shukla
Respedit.Bangalore
@timesgroup.com

Planning to change your car? Do you have more income than before? If your net worth has increased since you bought your first car, you may be interested in nicer, more luxurious options. "There could be many reasons for you to consider selling your current car and buying a new one: maybe your financial situation has changed, or an old car is too expensive to maintain, or your registration has expired and you have to decide what to do next," says Naveen R, senior executive, Bajaj Alliance Insurance.

Perhaps you want a car with new technologies such as blind spot warnings, advanced ride assistance, and other special functions. To find out how much more you can afford to pay for transportation, create a detailed budget that includes everything you're spending. Analyse the numbers carefully to determine how much you can afford to pay for transportation. When evaluating the price of a car, don't base your decision solely on the monthly car payment, as the bulk of the real cost is in interest rates.

MAINTENANCE COST

When it comes to the true cost of owning a car, a lot more things are taken into the consideration. Such as the depreciation value of your car, the insurance cost of your current car, bigger family after getting married and having children you would want to look for bigger options.

"Fuel, toll, parking fees, then there's the whole matter of maintenance, ranging from regular expenses like oil changes and tyre changes to more expensive fees like registration of the old vehicle. A lot goes into retaining an old car," says Arindam Ganguly of Kirloskar Oil Engines.

Even if you follow the best car maintenance tips, you may end up paying too often to fix this or that. In this case, it can make financial sense to consider a new vehicle, whether it's literally new or just new to you, it will require less maintenance than your current car. If you are unsure if you are overspending, a general rule is that you should try to limit your total car expenses to less than 20% of your income.

Most of the time we buy our cars for functional reasons. We use them to take the kids to school and to commute to and from work. However, some of us buy our cars for the sheer pleasure of driving them. Whether you're buying a compact car or a luxury sports car, it has to fit your needs and driving style.

LOWER RUNNING COSTS

Some cars, especially luxury cars, generally have higher running costs than regular cars. They have more powerful engines that are designed to propel the car faster, not to reduce fuel consumption. Therefore a buyer should make up his/her mind whether he/she wants to upgrade for luxury or productivity.

HOW OFTEN SHOULD WE UPGRADE OUR CAR?

"There is no golden rule to follow when it comes to changing your car, but the average amount of time people keep their cars has changed quite a bit over the last few years. In our experience, many of our customers choose to upgrade their car every two to three years now. However, you should upgrade your car when your car starts costing you a lot of money to maintain," says Prashanth of Phoenix Car Care.

No matter how hard you try to properly maintain your used car, the technology will eventually become obsolete compared to modern cars. It would be difficult to convert your manual car into an automatic but it is easier to replace your used car with a new one considering your budget.

MARUTI SUZUKI

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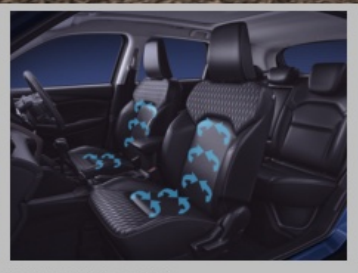
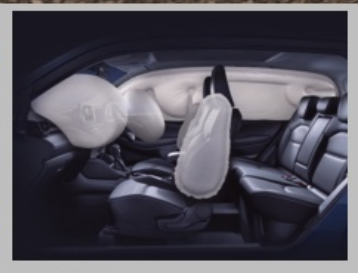


VENTILATED SEATS



6 AIRBAGS

EV MODE

DRIVE MODE SELECTOR

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Standard across All Variants

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Youngsters more prone to heart diseases: Study

Study by Bengaluru's Jayadeva Institute of Cardiovascular Sciences shows over 6,500 in age bracket of 15 to 45 years had heart attacks in 2017-2022

Iffath Fathima
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Ahead of World Heart Day on September 29, Bangalore Mirror found out from Karnataka's largest tertiary sector Jayadeva Institute of Cardiovascular Sciences about the incidence of heart attacks in youngsters.

An analysis from the hospital between 2017-2022 shows that an alarming number of young people - over 6,500 in the age group 15-45 years have had a heart attack.

Multiple factors like smoking, high cholesterol levels, stress, sedentary lifestyle, genetic predisposition and even air and soil pollution have been attributed to the increased heart attack cases.

In a survey carried out, 50 per cent of the youngsters who had heart attacks were smokers while 10-15 per cent had high blood pressure and cholesterol levels. Over 15 per cent had a family history of heart attack and 13 per cent did not show factors that could lead to the cause or even role of genetics. Calling heart-related diseases a "disease of national importance" CN Manjunath, Director of

The study reveals that 50% youngsters who got heart attack are smokers

Jayadeva Institute of Cardiovascular Sciences told Bangalore Mirror, "All the state governments should come forward and start state-run heart institutions. Apart from that, heart attack management programmes should be streamlined. In schools and colleges, the students should be taught at an early age about various risk factors of heart diseases."

> **Pollution can trigger heart attack; for instance, soil pollution can lead to heart attack, as fruits and vegetables grown in pesticide can result in poisoning**
>
> – CN Manjunath, Jayadeva Institute of Cardiovascular Sciences

Dr Manjunath added that Indians have reported a higher incidence of heart attack than other countries with the lack of health awareness. "Sedentary lifestyle is one of the causes of a heart attack. A person should be active and keep a check on their own health. A 45-minute walk a day can keep a person healthy. But many seem to neglect it. With a lack of activity, many are even getting obese, which can even lead to a heart attack. Especially youngsters who have a pot belly are more prone to heart attacks, as thin fat is accumulated in the central part of the belly and fat is the largest endocrine organ releasing inflammatory mediators." said Manjunath.

Air and soil pollution is considered the new tobacco, while there is less research on it yet it is one of the leading factors, added Manjunath.

"The ultrafine particles of pollution can trigger a heart attack. While even soil pollution can lead to heart attack, as the fruits and vegetables grown in pesticide can lead to poisoning," he added.

Patients who had covid have a three to five per cent increased chance as there is a higher tendency for clot formation and can directly affect Pericarditis and Myocarditis.

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CPR and AED in public places can save lives: experts

Early and timely CRP and defibrillation can increase survival rate of sudden cardiac arrest (SCA) patients to 70 per cent

Every year in India nearly two million people die of sudden cardiac arrest (SCA). Many prominent personalities have lost their lives owing to it.

A sudden interruption in electrical impulses causes the heart to stop beating. This condition is called SCA. As the heart stops supplying blood to the brain and other vital organs, the brain starts to die within three minutes. If the blood supply is not restored, the patient's death is certain.

Saving lives with CPR

Around seven out of ten patients suffering from cardiac arrest can be saved if all people know Cardiopulmonary resuscitation (CPR). Experts say that there is a need to increase the availability of automated external defibrillator (AED) machines in public places, malls, and schools.

Seven out of ten patients having cardiac arrests can be saved if given Cardiopulmonary resuscitation (CPR) on time

SCA is different from a heart attack. In case of a heart attack, circulation of blood in the heart stops due to blockage and patients experience chest pain, or discomfort that spreads to the shoulder, arm, back, neck, jaw, teeth or sometimes the upper belly. Besides cold sweat, fatigue, heartburn or indigestion and dizziness can also be symptoms. While in SCA, patients collapse suddenly with no pulse or breathing. It could occur to anyone, anywhere regardless of age, ethnicity, gender or physical fitness. People with genetic predisposition due to an unknown heart defect, diabetes, high blood pressure, obesity, and smoking, are prone to get it.

However, only CPR-trained people can save the life of an SCA patient outside a hospital facility.

"Hands-only CPR is as good as mouth-to-mouth CPR. Hence, there is no need to worry about covid infection. SCA patients should be tapped on the face and shoulders to check their response. Thereafter, one should check pulse and breathing. If pulse and breath are missing, CPR should be started and continued till the patient becomes better," added experts.

Purpose of CPR

The purpose of CPR is not to restart the heart, it is meant to keep residual oxygenated blood flowing to the victim's brain and vital organs to avoid brain and organ damage until an AED or professional defibrillator can be attached and used to treat.

If the rhythm is not restored, continue CPR After two minutes the machine again instructs for shock, if required.

What is AED?

AED is a machine used for the restoration of heart rhythm by electrical shock. The mortality rate of SCA is 90 per cent but early CPR and defibrillation increase survival chances to up to 70 per cent.

There are two pads in the machine that has to be placed as per the directions given when the machine is opened. The depth of chest compressions should be between two inches and 24 inches, and the rate should be between 100 and 120 beats per minute.

Within four to six minutes of SCA, the oxygen-starved brain starts dying CPR keeps oxygenated blood moving to the brain and vital organs which is a crucial part of survival with neurological recovery.

Defibrillation should happen no later than three to five minutes after the collapse of the victim. The earlier, the better. Bystander intervention during SCA, before emergency medical support, is key to survival.

Causes of SCA

SCA is caused by several factors including genetic predisposition due to an unknown heart defect, choking, electrocution, overdose, extreme physical exertion, obesity, drowning, and even a sudden blow to the chest.

People who have had heart attacks, both known and unknown have a higher risk for sudden cardiac arrest.

–Prakash VL

Advertorial

Dr. MOHAMMED REHAN SAYEED
Consultant - Cardiovascular & Thoracic Surgery, Minimally Invasive Cardiac Surgery, Heart Transplant Surgery And Robotic Cardiac Surgery
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Heart Transplantation is safe, need to create awareness

A heart transplant, or a cardiac transplant, is a surgical transplant procedure performed on patients with end-stage heart failure or severe coronary artery disease when other medical or surgical treatments have failed. Heart transplantation is a life-saving treatment intended to improve the quality and duration of life for a recipient.

Presently, there are over 78 centres in India which perform heart transplants and India is the foremost referral centre for heart transplants in South Asia.7 In addition, organ transport through 'transport green corridor' has been given a high priority, with new timing records accomplished with each transplant.

Heart transplant is an absolutely safe and sure procedure and people need to be educated about the benefits of it, says Dr. MOHAMMED REHAN SAYEED, Heart Transplant Surgeon at the Manipal Hospital in Bengaluru.

The doctor allayed all fears regarding heart transplant and appealed for creating more awareness among the donors.

Here is what he has to say about Heart Transplantation.

What is Heart Transplantation and when is it required?

Heart transplantation is a safe method used in irreversible heart failure. When both the left and right side of the heart has failed and the patient is in a degenerative condition and when they will not be in a position do their daily chores then heart transplant is the safest way ahead to revive the patient.

It becomes a necessity once other procedures like bypass cannot be done on the patient. There are two ways – one is to have an artificial heart or go for a transplant. Heart transplantation is more preferable in such conditions.

Is it safe to have heart transplantation?

It is absolutely safe procedure with minimal risk involved. It is a very simple and safe operation with around 90-95 per cent success rate.

Who can donate heart?

Anyone who is certified as brain dead by a Neurologist can donate heart. People who are declared brain dead in road accidents or those who suffered brain death after surgery are eligible to donate heart. But they have to be certified as brain dead by a qualified Neurologist.

What is the procedure involved?

Before proceeding with heart transplant we run couple of tests on the patient. Their heart and lung pressures will be monitored to see if they can undergo transplantation. Once all is ok then the patient is asked to register on Jeevansathike portal. Depending upon the emergent condition the patient will get priority in allocation. Once the donor heart is allocated we will go ahead with transplantation.

What is the recovery time for a patient undergoing heart transplant ?

The recovery time is very less. In fact the patient will be able to sit on a chair the very next morning after the operation and will recover full within a week. But we do two biopsies and the process requires around 12 days. Once the results are positive the patient can be discharged. However the patient needs to be on lifelong medication. Though the medicines cost around 10 thousand rupees per month it is available at reduced costs in government medical establishments.

What are the risk factors involved ?

The only risk factor involved is if the new organ is rejected. But it is a rarity. Before surgery tissue typing and blood group matching will be done. Once it shows all ok then the chances of rejection is less than 2-5%.

Keep track and handle fragile Ghats with care

Objections to Hubballi-Ankola rail line project as it can pose danger to ecosystem

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Strong objections have been raised against the Karnataka government's ambitious Hubballi-Ankola railway line project by experts and organisations alike. They have cited adverse effects on elephants, tigers, endangered species, and the fragile ecosystem of the Western Ghats.

The objections were raised over days leading to a public consultation held in Karwar on Wednesday. The meeting was organised by a committee constituted by the National Board of Wildlife (NBWL) to study the project and its impact on the surrounding area.

The line is proposed to pass through tiger corridors and involves diversion of 594.64 hectares of forest land. If the line is approved, two lakh trees will face the axe. Experts say that the endangered fauna and flora of this ecologically sensitive area cannot bear the impact of tremors and vibrations of railway track construction procedures. Introducing a railway track will cause irreversible damage and permanent habitat loss.

"The rain forests of Arabail ghat region, where the rail track is proposed, have unique, endangered, and endemic flora and fauna that depend on the distinct topography of the area. The survival of biodiversity requires an integrated forest ecosystem without any anthropogenic disturbance. The proposed rail line will pave the way for massive landslides, loss of trees, destruction of sensitive habitats of fauna, and loss of native biodiversity," said Ravi Hegde, a basic science researcher from Bengaluru who is among many people who raised objections.

> **The proposed rail line will pave the way for massive landslides, loss of trees, destruction of sensitive habitats and fauna, and loss of native biodiversity**
>
> –Ravi Hedge, researcher

According to researchers and ecologists, the proposed line will bifurcate the forest connectivity of Uttar Kannada district and impact wildlife movement, leading to forest encroachment and poaching as well.

They say that the forests of the Hubli-Ankola railway zone are rich with 29 species of reptiles and 50 species of butterflies. The majority of mammals belong to the IUCN Red List and most of them are protected under the Wildlife (Protection) Act, 1972. According to another objection filed by the Living Earth Foundation (LEAF), an environmental monitoring, research, and advocacy organisation in Bengaluru, the proposed railway line alignment cuts across the tiger corridor in the area, and its total length inside the corridor is approximately 17.6 km. "Even as per NTCA, it will disrupt the habitat connectivity between Kali Tiger Reserve and Bhadra Tiger Reserve, which will have serious implications for long-term conservation of tigers in the Western Ghat landscape. It also intersects the elephant movement corridor and is likely to have serious implications on the seasonal movement of elephants in the landscape. It may become a leading cause of wildlife mortality due to train hits," read the objection filed by Rajani Rao Santosh and Sandhya Balasubramanian, directors, LEAF.

Apart from the loss of habitat for large mammals, felling of nearly two lakh trees and clearing of undergrowth is likely to erode the region.

"Research spanning over the last 20 years from across the world shows that the tropical rainforest fragmentation kills the big trees in the remaining forest area. This project will leave an adverse impact on the entire forest ecosystem of the Western Ghats," added Hegde.

Lokayukta visit puts Tahsildars in dock

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Additional Registrar (Enquiries), Lokayukta found 457 applications pending at KR Puram Tehsildar office

Karnataka Lokayukta officials have been conducting surprise visits to Sub-Registrar offices. Their focus is currently on Tahsildar offices where the public are facing a lot of problems due to negligence of government officials.

"I found 457 applications pending at KR Puram Tahsildar office for many months. The staff members did not bother to register those complaints under Sakala. I have also found two officials and a special tahsildar absent during my visit," said Additional Registrar (Enquiries), Lokayukta. The Additional Registrar said Lokayukta has been registering suo moto cases based on complaints from public and media reports on the negligence of the government employees.

"We have issued notices to the doctors and medical staff at primary health centres maintained by the state government and the Bruhat Bengaluru Mahanagara Palike (BBMP). The enquiry is on. Our objective is to make doctors and medical staff members work for the common man," he said. A team led by Deputy Registrar (Enquiries) visited the Anekal Tahsildar office on Tuesday.

The team found many applications pending for a long time.

"We found most employees did not maintain details of cash. There are around 40 employees at the Tahsildar Office, but only six to 10 were found maintaining details of cash," said the Deputy Registrar. The Deputy Registrar said some of the employees were absent. Applications to land records were also found to be pending for long. "Majority of them are connected to RTC (Records of Rights, Tenancy, and crop inspection). It is found that 3,925 applications were pending with the Tahsildar," he said. He also said that revenue officials failed to clear encroachments at four lakes. "According to AT Ramaswamy report, 3,991 acres and 2 guntas of government land is encroached in Anekal taluk. I advised the authorities concerned to prepare a plan to recover the government land that is encroached. It is found that 160 temples of the Muzrai Department in Anekal Taluk have no priests. The Tahsildar is advised to get suitable directions from the court and take measures to fill up vacancies at the temples," he said.

As many as 139 complaints were pending even after the 30-day deadline.

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Blocked-path
RR Nagar

The footpath opposite Bank of Baroda on Nehru street, RR Nagar is completely blocked.

All this rain, minimal harvesting

Although September was exceptionally rainy, just 40,242 Bengaluru houses harvested rainwater, BWSSB officials state

Bangalore Mirror Bureau
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Despite it being one of most rainy Septembers in the history of Bengaluru, many city dwellers have failed to reap benefits. According to Bangalore Water Supply and Sewerage Board (BWSSB), people are yet to adopt Rain Water Harvesting (RWH) in a big way.

10.5 lakh houses have water connections, but only 40,242 households implemented RWH. BWSSB officials say that earlier only houses built on residential plots measuring 40x60 had to implement RWH, but since 2010, even houses built on 30x40 were supposed to go for the same. So far, BWSSB officials have collected Rs 1.92 crore as penalty from houses not implementing it.

'Overflowing water' connections for 3,000 houses have been disconnected by BWSSB after officials found that they had illegally connected flowing rainwater to the sewage connection. During the recent rainfall, there were flash floods at many places. Manholes were overflowing, and one of the reasons was that houses had not implemented RWH. Instead, water flowing from terraces via pipes was not flowing directly to the sewage network. A senior BWSSB official said, "We have surveyed 8,500 buildings, disconnected connections at 3,000 houses, and issued notices to 4,000."

Water experts say that groundwater recharge is essential and roof top rainwater harvesting is important in all urban areas. Captain Raja Rao, who was the chairman of an Expert Committee constituted by the High Court in 2005-06, had then submitted a detailed report with about 112 recommendations. The recommendations included construction of recharge structure at roadside drains at all intersections in Bengaluru. Experts say that the groundwater situation in the city was alarming because the extraction of water was four to five times more than what was being recharged.

According to scientist AR Shivakumar, for the 8.5 million population of Bengaluru (as per the 2011 Census), the water supply at the tap end (excluding losses) is 685 million litres per day (MLD). The average rooftop area available for rainwater harvesting per property is 110 sq m, creating a potential of 81,752 million litres of water at 80 per cent collection efficiency. He says 492,370 million litres of water can be generated through precipitation over open spaces. Considering only 20 per cent of this is used to recharge groundwater through rainwater harvesting initiatives, 98,474 million litres will be available for sustainable withdrawal.

> **"We have surveyed 8,500 buildings, disconnected connections at 3,000 houses** –BWSSB official

Rainwater harvesting systems can be simple to construct from inexpensive local materials, and are potentially successful in most habitable locations. Rooftop rainwater may not be potable and may require treatment before consumption. Although some rooftop materials may produce rainwater that would be harmful to human health as drinking water, it can be useful in flushing toilets, washing clothes, watering the garden, and washing cars. These uses alone halve the amount of water used by a typical home.

Experts say that if efforts are made towards preserving rainwater, every household coming under the Bruhat Bengaluru Mahanagara Palike limits can receive Cauvery Water. Half of the water demands would be met by harvested rainwater.

Groundwater pollution near landfills

CONTINUED FROM PAGE 1

The KSPCB collected samples from two sites in Byappanahalli village, seven sites in Mandur village, two sites in Gundur village and one site in Kammasandra village.

Out of 89 samples collected during 2017-18, only 22 samples (24.7%) confirmed to acceptable limits across all parameters tested. In 2018-19, only 23% of the samples confirmed to the acceptable limits, this number went down to 8.9% in 2019-20, just 19% in 2020-21 and a meagre 9% in 2021-22.

According to the report, the majority of these samples had concentrations of metals such as chloride, lead, iron and magnesium beyond the acceptable limit. Some recorded higher levels of inorganic compounds such as nitrate.

While the acceptable limit of iron concentration in groundwater is 0.3 mg/litre, it was found to be as high as 1 mg/litre in June 2021. The acceptable limit of magnesium concentration in groundwater is 30 mg/litre; it turned out to be above 100 mg/litre in multiple samples.

Similarly, the acceptable limit of manganese in the groundwater is 0.1 mg/litre; the groundwater sample from landfill area recorded it to be 12 mg/litre in August 2020 and 11 mg/litre in October 2020. Likewise, the concentration of chloride, copper, calcium and alkalinity values were found to be higher too.

Year	Monthly water samples collected	Water samples confirming to AL (acceptable limit) of all parameters	Percentage of total water samples confirming to AL of all parameters
2017-18	89	22	24.7%
2018-19	98	23	23.5%
2019-20	91	8	8.8%
2020-21	86	17	19.8%
2021-22	76	7	9.2%
Total	**440**	**77**	

Environment researchers and ecologists told BM that higher readings of heavy metals in groundwater samples confirm that leachate from these landfill sites are leaking into the groundwater table, polluting the drinking water source.

"Higher concentration of iron, magnesium, chloride, copper, calcium and the like, proves the leachate is permeating the groundwater table. Moreover, presence of these metals shows that industrial contaminants are reaching landfill sites. There are rules and laws in place in this regard but are not being implemented in true spirit. The implementing agency, which is KSPCB, has grossly failed in its duties," said Dr TV Ramachandra, Centre for Ecological Sciences, Indian Institute of Science (IISc).

Water contaminated with heavy metals can lead to various health issues causing high morbidity and mortality, according to experts.

"Farmers in these villages use groundwater to irrigate crop fields. So, these contaminants are not just being consumed directly through drinking water but are also entering our food chain. Accumulation of heavy metals destroy the main metabolic process of the human body; some carcinogenic metal ions lead to redox reactions in biological systems. The free radicals produced by these reactions cause oxidative damage to proteins and DNA. The accumulation of heavy metals eventually produces reactive oxygen species that can cause oxidative stress, which may lead to various diseases," said Soumita Biswas, chief nutritionist, Aster RV Hospital.

Experts said such reports emphasise the need for the city administration to come up with a foolproof mechanism for landfills and ensure contaminants do not enter groundwater.

"KSPCB needs to safeguard landfills with scientific design, ensuring there is no leakage of contaminants into the groundwater table. The groundwater quality report is pointing at gross violation of the Water and Environmental Acts. The board should have taken action against the industries that are contaminating and should have ensured that BBMP has maintained these sites scientifically," added Dr Ramachandra.

Biological contamination

As per the IS, while E. coli bacteria shall not be detected in any 100 ml sample of water intended for drinking, the KSPCB's groundwater quality report has a different story — the report shows that E. coli bacteria was present in the majority of water samples, and in some cases to the tune of more than 1,600 MPN/100 ml.

For instance, out of 86 water samples tested between June 2020 and March 2021, 83 samples recorded presence of E. coli.

"Groundwater with high levels of E. coli is worrisome. People with less resistance and those with underlying and immunocompromised conditions can get infected by this bacterium easily, leading to grave health issues. It can cause hemorrhagic diarrhoea and can have long term, if not fatal, complications," said Dr Bindumathi PL, internal medicine, Aster CMI Hospital.

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K'taka's Manu eyes National Games gold

Devaraksive Prakash Manu, 22, is Bengaluru and Karnataka's very own Neeraj Chopra in the making. The Hassan-born lad has a lot of things in common with the 'diamond boy' of Indian athletics. Apart from sharing love for javelin throw, both are in the army and train at the Army Institute of Sports, Pune. Kashinath Naik, Manu's coach, has also trained Neeraj in the past.

Manu is headed to the National Games in Gujarat, which begins on September 29, and is a favourite to claim the javelin throw gold with a National Games record. "I have worked very hard and I am confident of winning the gold. I will try for a record, but then the day's conditions will also play a part," said Manu as he prepared to leave for Ahmedabad. "Neeraj is not taking part, but there is Rohit Yadav, Shivpal Yadav, Sahil Silwal, and Yashvir Singh - my main rivals. I am still confident I will finish ahead," he added.

Manu made his international debut at the 2022 Commonwealth Games in Birmingham and finished fifth with a throw of 82.28 m - much lower than his personal best of 84.35. "After the National Games, I will work harder and try to emulate Neeraj and win a medal at the next Olympics," he said.

At the 2019 Khelo India Games, he had won the gold and registered a throw of 66 m in the under-21 category. A throw of 84.35 m in June at the Inter-State Senior Athletic Championships in Chennai was the fourth best in India, behind Neeraj, Shivpal and Davinder Singh Kang. Manu crossed the 80-metre mark for the first time in March this year.

Growing up in Hassan, Manu did not have the necessary resources or a coach to train with. Kashinath took notice of his potential and began to coach him. "He has a lot of talent and I am confident he will win the gold in Ahmedabad with a National Games record. He has worked on the angle of release of the javelin," said Kashinath. **—SS Shreekumar**

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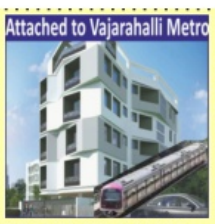

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personal

CHANGE OF NAME

I, SAPNA W/o Kushal Pal Singh residing at Qtr P 10/01, Cut Line CMP Centre and School,Neelasandra, Bengaluru PIN - 560025. As per my Matric Certificate (10th) my name recorded as KM SAPNA KUMARI but my Aadhar and PAN Card my name is SAPNA. So I here by declare that KM SAPNA KUMARI and SAPNA both names belongs to me only.

I, Srinivasa Kamakshipalya, Narayanappa R/o #474, 16th cross, 6th main Beml Lyt, Basaveshwaranagar, Bengaluru 560079 have changed my name to SRINIVAS KAMAKSHIPALYA NARAYANAPPA affidavit Dt.28/09/2022 notary K.V Mani, B'luru

I, Munira Mustufa Merchant R/o No-302, Raj Appt , Bohra layout , Gottigere , Bangalore - 560083 have changed my name to Munira Ishaq Mandsorwala.

I, Chris Ashwini Jayawanth Peter residing at S-12, Viswas Gowri Espana, Nanjappa Circle, Vidyaranayapura, Bangalore - 560097 have changed my name to Chris Ashwini vide affidavit dated 28.9.2022 sworn before Notary Jalandhara Bangalore

I, Arati Ayappa Devaiah R/o #011 , Purva Carnation Apt #53 ,MSO Colony, Cox Town , B'luru-560005 have changed my minor son name from Vidur Ayappa Maneyapanda to Vidur Ayappa vide Affidavit dt 28/09/2022 before notary B S Padmaprasad B'luru

I, Ananthakrishnan Subramanian R/o A 214, Neeladri Kota Hills, Jayanagar, HSL, Turahalli, Bengaluru - 560061 have changed my minor son's name from Aswath Ananthakrishnan to Aswath Iyer for all purposes.

I, Siddanna Jayamma Ajjampur residing at 907,1st Main, 5th Block, HMT Layout, Vidyaranayapura, Bangalore - 560097 have changed my name to S Jayamma vide affidavit dated 28.9.2022 sworn before Notary Jalandhara Bangalore

I, Nikshep C S/o Chandramouli M S , R/o: #44 1stfloor 1stmain 1stcross Chandralayout Nagarbhavi Bengaluru, Bengaluru-560072, changed my name to Nikshep Suvarna Mouli for all purposes.

I, Sharukh Sikander R/o #304, B Block Sai Sunshine Apt , Arekere B'luru-560076 have changed my name to Shaarukh Sikander vide Affidavit dt 28/09/2022 before notary B S Padmaprasad, B'luru

I, Harisha TN S/o Nagaraju #152, Thippur, Herandyappanahalli, Kanakapura, Ramanagar-562119 have Changed My Name to Harish TN for all my future purposes

I, Karuna Jampanapalli R/O Flat#817, Sumadhuru Anandam, Borewell Road, Whitefield, Banglore-560066, have changed my name to Karuna Kadapala.

I Deepak Naidu N S/O, Surendra Naidu R/o #590, 4th Cross, Chikkabidrekallu, Bangalore 560073 have changed my name to Deepak Naidu

I, Munira Gulam Abbas R/o No-302, Raj Appt , Bohra layout , Gottigere , Bangalore -560083 have changed my name to Munira Qusai Mandsorwala

Bangalore Mirror NAVARANG

Celebration Partners: Malgudi FRESH FILTER COFFEE | A&J Health Care

Navarang with Bangalore Mirror

From cultural activities, gorging on yummy fare, to keeping the selfie game on fleek, citizens are making the most of Navaratri that is one of India's oldest festivals. It is that time of the year when we unite with family, friends, and well-wishers irrespective of the hustle of life.

Bangalore Mirror has received an overwhelming response from the readers as many have sent their photographs and today, we are featuring the best of the lot.

The BM-Navarang celebrations are open for the next six days and you can continue to join the festivities with BM-Navarang by choosing the day-specific colour dress.

As the entries are open only for group photographs, team up with your family, friends and colleagues, and send photos along with names, address to our WhatsApp number 9591233247.

Please note: today's colour code is yellow.

So, get dressed in the day-specific colour and send us your group selfies to the BM WhatsApp number. We shall select the best pictures and feature them!

9591233247

BSNL office, Vijayanagar

At Medi Agrahara, Hesaraghatta Road

Bhuvaneshawari Nagar team

Geetha Bhathad, Ravali & Rithanya from KS Town

Vidya & friends, civil court

Faculty & staff, Ramaiah Institute of Technology

NU Hospitals, Rajajinagar

Humanities Dept, MES College, Malleswaram

Priya B and team from Yelahanka

Department of Mines and Geology, Bengaluru

Tharalabalu Enclave, Yelahanka

Ladies Yoga Group, Yelahanka

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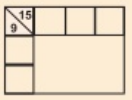
SOLVE IT IN A MINUTE

The length of the longest pole that can be put in a room of dimensions (10 m x 10 m x 5 m) is

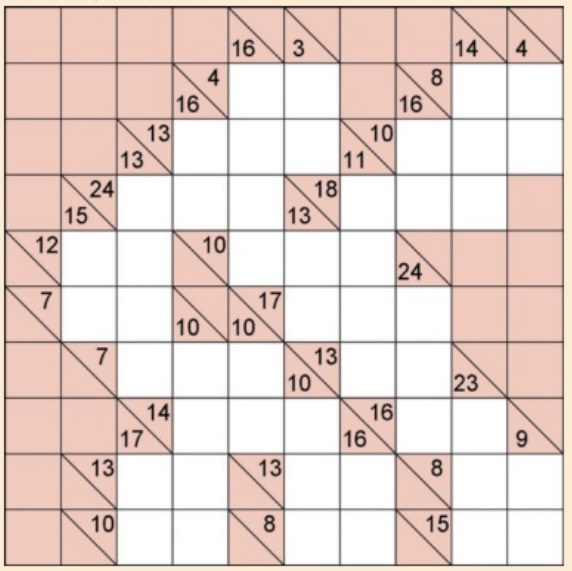
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

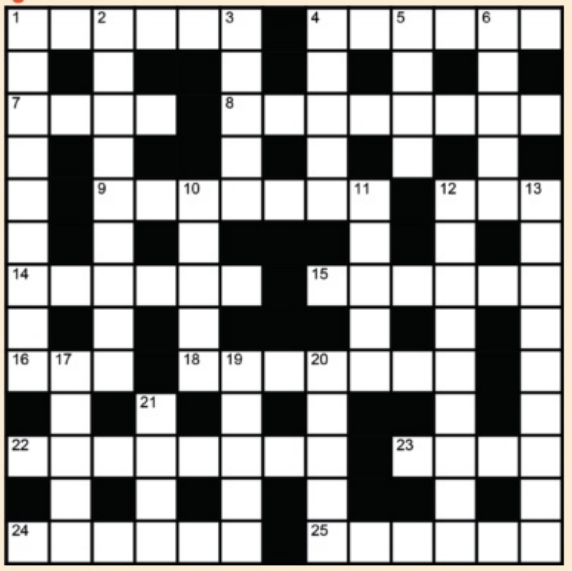


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Propagates, reproduces or sires (6)
4 Absorb or assimilate (6)
7 Pulls laboriously (4)
8 Producers of atomic or nuclear energy (8)
9 Multiplies by three (7)
12 Brief quotation (3)
14 Capital of Austria (6)
15 The Alchemist author (6)
16 Catch or ensnare (3)
18 Onerous taxes (7)
22 Centre of a dartboard (8)
23 Tributary of Ganges (4)
24 Defers or postpones (6)
25 Road (6)

DOWN

1 Amusement park and recreation centre in Cubbon Park (3,6)
2 Ninety six inches? (5,4)
3 Bush (5)
4 Cover with fabric (5)
5 Portal or entrance? (4)
6 Hindu sun-god (5)
10 Boredom (5)
11 Footwear (5)
12 Astronomer's instrument? (9)
13 Earth scientist (9)
17 Habituate, get used to (5)
19 ___ halfway : makes concessions, as to another person; compromises ? (5)
20 Forebodings or portents (5)
21 Napoleon's isle (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: L EQUALS G

JU MJH JGT TUUK UNUCPXJEKL UQOXP EXTUIB ET ZIHTU XH RKHMEKL MJGX UNUCPXJEKL ET BEIIUW MEXJ.

Linemaro

Deep down, you are really okay

Mindchow

Never interrupt when you are being flattered

Joke of the day

She: I've just come from the beauty salon
He: Too bad they were closed

Loop

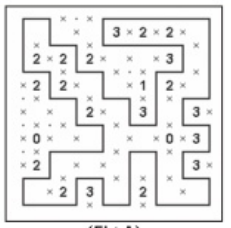
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

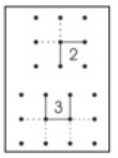
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

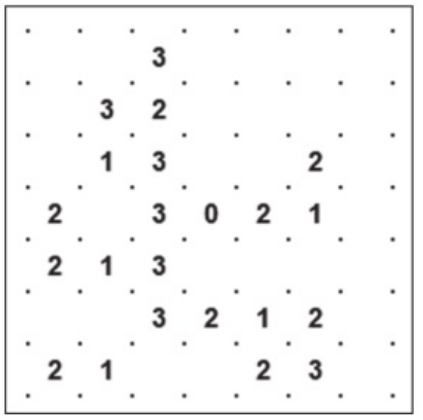
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



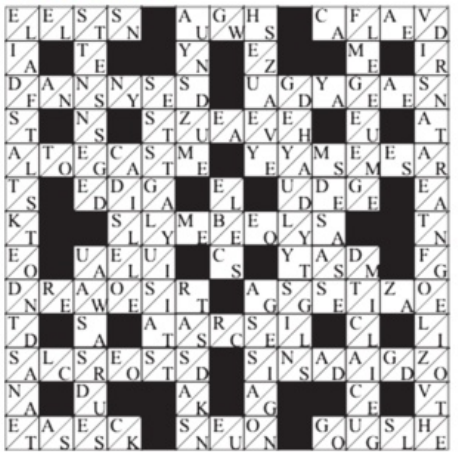
(Fig A)



(Fig B) Not Allowed



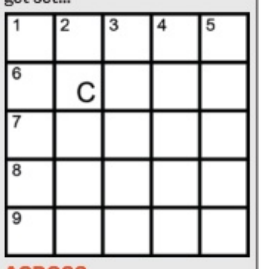
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

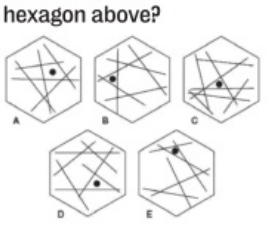
1 Spate; 6 He cad;
7 Nth go; 8 Oleos;
9 Do key

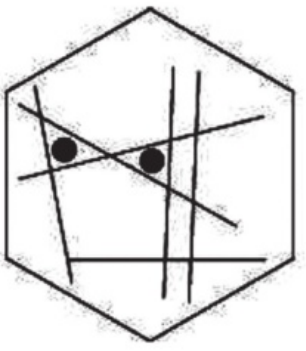
DOWN

1 Aptly; 2 A coho;
3 Hooks; 4 Teens;
5 Ed deg

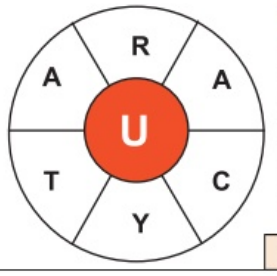
Mensapuzzle

To which hexagon below can a dot be added so that both dots then meet the same conditions as the two dots in the hexagon above?





Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

01 Average; 02 Good; 03 Outstanding

SudokuChallenge

	9	6				3	8	
	1			4			5	
7			3		1			4
1			6		9			2
				2				
6			8		7			3
2			5		6			9
	6			3			7	
	4	3				8	1	

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

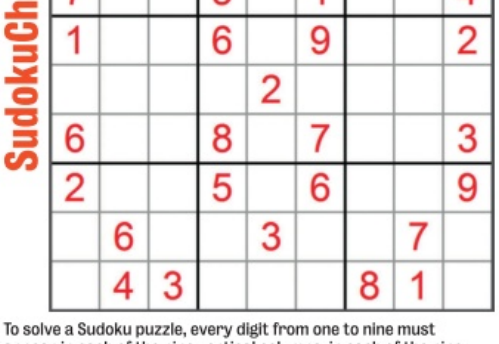
Easy = 30
3 5 6 7

Medium = 12
3 7 7 9

Hard = 38
2 4 7 3

Hocusfocus

Find at least six differences in details between panels.



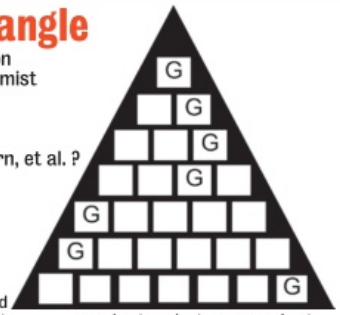
Differences: 1. Hand is moved. 2. Ear is larger. 3. Man is thinner. 4. Awning is different. 5. Tree is moved. 6. Cap is larger.

Riddler

I hide in a dark tunnel awaiting my time. I can only be released by pulling back. Once released, I may do unspeakable damage. What am I?

Alpha triangle

1 Gram, abbrevation
2 Silver for the chemist
3 React to gravity
4 Carps
5 Progress
6 Wheat, maize, corn, et al. ?
7 Dividing up



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson

I'VE GOT A MILLION THINGS TO DO TODAY... PLUS HAVING TO WASH CLOTHES AND CLEAN THE TEPEE... COULD YOU HELP ME BY GETTING SOME WATER?
SORRY... I'M GOING TO BE TIED UP ALL DAY MYSELF
7-15
DON'T YOU WANT SOME COFFEE BEFORE YOU LEAVE?
NAW... IT KEEPS ME AWAKE
Mel Casson

Bizarrotrip

Diamond Lil

DID YOU HEAR? ARNIE THE ARSONIST DIED
HE'S SURVIVED BY HIS SON, ARNIE JR.
GUESS IT WAS TIME TO PASS ON THE TORCH
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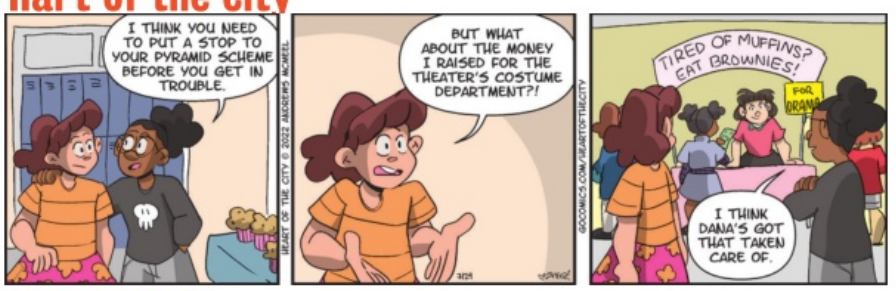
Pasternak

Hart of the city


I THINK YOU NEED TO PUT A STOP TO YOUR PYRAMID SCHEME BEFORE YOU GET IN TROUBLE.
BUT WHAT ABOUT THE MONEY I RAISED FOR THE THEATER'S COSTUME DEPARTMENT?!
TIRED OF MUFFINS? EAT BROWNIES!
FOR DRAMA
I THINK DANA'S GOT THAT TAKEN CARE OF.
HART OF THE CITY © 2022 ANDREWS MCMEEL
@COMICS.COM/HARTOFTHECITY

Crankshaft

I SUPPOSE THAT HAVING YOUR SOIL ANALYZER IN A LOCKBOX RIGHT NEXT TO YOUR GARDEN IS CONVENIENT.
7-22
IT USED TO BE...
UNTIL I LOST THE KEY.
BATIUK & DAVIS crankshaftcomic.com/books

Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today you may start your day with good feelings. You may have patience, and it will reflect into your way of working. You may enjoy it at work. You may be optimistic in terms of gains in business. You may deepen your emotional bonding with your spouse, which will increase family harmony. Jobseekers may hear good news.

Taurus Apr 21 – May 20
Today is a good day at work. You may perform well. You may lead your team efficiently. Your focus towards work may be appreciated by your boss and you may also get a promotion. Jobseekers may get a new job. Singles are likely to fall in love with someone at their workplace. Architects, artists, traders will do well.

Gemini May 21 – Jun 21
Today is important for your domestic life. You may be busy with kids. You may hear some good news in terms of your children's education. You may buy some creative items for your home or office to maintain your social status. You are advised to use your wisdom while buying some items. Those related to management, electronics, medicine will do well.

Cancer Jun 22 – July 23
Today you may be dissatisfied with people around you not willing to cooperate. You are advised to keep patience. You are also advised to read documents carefully before signing any contracts. Making new investments in useless things may create a bottleneck for you. Students are advised to read their subjects with patience.

Leo Jul 24 – Aug 23
Today you are blessed by the moon. Your destiny is likely to be with you. Today you may be more energetic and focused on your work. Your hard work may pay off in terms of success. Your colleagues may help you. You are likely to go for short work-related trips. Some good news may come from your sibling.

Virgo Aug 24 – Sep 23
Today you may be busy with family matters. You may take some important steps on the domestic front. You should avoid arguments in personal life matters. Your arrogance may affect your domestic harmony. By late evening, things may be under control. You are advised to follow your intuition before making investments.

Libra Sep 24 – Oct 22
Today messy situations are under control. You may feel at peace. You may be able to strike a proper balance between expenditure and earnings, which may improve financial health. You are advised to avoid too much travelling or overworking as it may affect your health. Students can start planning for their future. Lovebirds may enjoy happy moments.

Scorpio Oct 23 – Nov 22
Today until evening, you may enjoy your work and domestic life. You may get back money that was stuck somewhere. After late evening, you may feel a little dull, and some unknown fear could make you upset. You may get stressed, which may affect your sound sleep. Take care of your health.

Sagittarius Nov 23 – Dec 22
Today you may be blessed by the moon. Your disappointments will now convert to happiness. You may be more focused towards your targets. You are likely to use your creativity to make some changes in your office or house. You may also find love around you. Lovebirds are advised to avoid fantasy in their relationship. Students should avoid speculation about their studies.

Capricorn Dec 23 – Jan 20
Today you may be busy at work. Your communication skills may help you get a big order, which may grow your business. You are likely to meet some influential person who will help you on the work front. Your family may support you in a difficult decision at your work. You are advised to control your tone in love matters. Lovebirds are advised to control harsh speaking.

Aquarius Jan 21 – Feb 19
Today you may have the full support of your parents. You may get success at work related to government projects. Your terms with management are likely to improve, which may bring benefits in your business. You may plan for an overseas trip. You can have some infections, so you are advised to drink plenty of water.

Pisces Feb 20 – Mar 20
Today you may be a victim of unknown fear. Some sort of negative may reflect into your thoughts. Impatient nature and arrogance may push you back from taking difficult decisions at work. You are likely to seek the blessing of your elders, which may help you come out from a messy situation.

KIDZONE

S Divyashree, 11 Years, Cluny Convent High School

V Edin Neils, 7 Years, New Florence Public School

Kidzone, Bangalore Mirror, No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018; Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
spaced diagonal = sqrt(a^2 + b^2 + c^2)
spaced diagonal = sqrt(10^2 + 10^2 + 5^2)
spaced diagonal = sqrt(100 + 100 + 25)
spaced diagonal = sqrt(225)
spaced diagonal = 15 m

FAST FIVE

P	A	S	T	E
A	C	H	E	D
T	H	O	N	G
L	O	O	S	E
Y	O	K	E	D

QUOTE UNCODE
He who has seen everything empty itself is close to knowing what everything is filled with.

STRIKE OUT

T	A	S	K		S	U	N		O	U	S	E		
N		D		K		A		E		V				
A	C	R	O	S	S		I	N	D	I	G	O		
D		A		T	A	R	S		I		L		L	
N	E	W	E	S	T		A	S	S	I	Z	E		
E		A	L	I		S		Y	A	M		G		
T		S	Y	M	B	O	L	S				N		
T		D	I	A		L		D	E	B		A		
A	T	E	A	S	E		Y	A	M	M	E	R		

QUICK

B	R	E	E	D	S		D	I	G	E	S	T		
R		B		T		N		P		S				
B	U	L	L	S	E	Y	E		K	O	S	I		
N	E	T		I	M	P	O	S	T	S		O		
A		E		U		E		E		L				
V	I	E	N	N	A		C	O	E	L	H	O		
A		F		N		H		E		E				
H		T	R	E	B	L	E	S		T	A	G		
B		H		U		P		E		Y				
L	U	G	S		R	E	A	C	T	O	R	S		
A		I		H		R		A		U				
B	E	L	A	Y	S		S	T	R	E	E	T		

MENSA PUZZLE
C: so that one dot appears in one triangle and the other dot appears in two triangles (in the example the right-hand side forms a small triangle and a larger triangle and the dot is in both)

RIDDLER A bullet

BULL'S EYE
ACTUARY, aura, curt

SUDOKU

4	9	6	2	7	5	3	8	1
3	1	2	9	4	8	6	5	7
7	8	5	3	6	1	9	2	4
1	3	8	6	5	9	7	4	2
9	5	7	4	2	3	1	6	8
6	2	4	8	1	7	5	9	3
2	7	1	5	8	6	4	3	9
8	6	9	1	3	4	2	7	5
5	4	3	7	9	2	8	1	6

ALPHA TRIANGLE
G, Ag, Sag, Nags, Gains, Grains, Sharing,

GO FIGURE
Easy
3 x 6 + 7 + 5 = 30
Medium
9 + 7 – 7 + 3 = 12
Hard
7 x 3 x 2 – 4 = 38

LOOP

KAKURO

8	2		1	7		8	3	
9	4		4	9		6	2	
3		6	5		7	9		
	2	1	4		5	8		
	9	3		1	6	3		
9	7		3	2	9	7		
7	6	1		7	2	1		
	3	2	1	4	3	5		
		4	3	1		2	5	3
		7	4	2	1	7	2	1
		8	2	9	7	6	8	7

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SHEDDING COLONIAL MINDSET IN AMRIT KAAL

Azadi Ka Amrit Mahotsav | GOVERNMENT OF INDIA

India has entered a decisive phase and is marching ahead rapidly towards a brighter future. Let us come together to free our nation from colonial mindset.

Freedom from nepotism in institutions

- Opportunities to the meritorious in sports; record breaking performance by sportspersons
- Merit gets precedence over recommendation, only the deserving getting Padma Awards

Freedom from slave mentality

- More than 1500 archaic and irrelevant laws repealed
- Indian Naval Ensign freed from colonial trace
- Date of Budget presentation changed, General and Railways Budgets merged
- End to VIP culture, Use of beacons on government vehicles curbed

Freedom from corruption in all systems

- DBT puts an end to middlemen, beneficiaries receiving support directly
- Prompt redressal of grievances through CPGRAMS portal
- Agencies like Income Tax and ED are acting against corrupt persons

Freedom from filth and single-use plastic

- Swachh Bharat Abhiyan transformed into a people's movement, Swachhata becomes a way of life
- India united against single-use plastic, people of all age groups contributing to the cause

Chemical free farming

- Farmers across the country are adopting natural farming practices
- Natural farming sector growing

No matter how difficult the goals are or how formidable the challenges are, when India is determined, no goal is impossible.

-Narendra Modi

cbc 22201/13/0119/2223

Grand opening today of Khel Mahakumbh- 36th National Games at Ahmedabad in Gujarat by Prime Minister Narendra Modi

36th National Games | 36 States/UTs | 36 Games

Judega India, Jeetega India